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“SIGNIFICANCE OF AHIPHENA (PAPAYER SOMNIFERUM) IN AGADTANTRA AS PER AYURVEDA”

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Abstract:

Ayurved means ‘The science of life and Agadatantra is the one of the eight branch of Ayurveda.’ Agadatantra include the treatment of poisons, and toxins, disease cause due to snake, animals, insect bite. Ahiphena has significant importance in Agadatantra, which belongs to Papaveraceae family. In Ayurveda it is used in controlled doses for pain relief, inducing sleep, etc. Its alkaloids-morphine, codeine, and thebaine- Possess potent medicinal effect

Keywords: Ahiphena, Opium, Alkaloids, Ayurveda Agadatantra

INTRODUCTION

Ahiphena, belonging to the family Papaveraceae, is classified as an Upavisha in Ayurveda and is incorporated in several classical Ayurvedic formulations after proper processing.^[1] The opium poppy plant, including its seeds, is traditionally known as Ahiphena. Papaver somniferum serves as a rich source of naturally occurring, semi-synthetic, and synthetic alkaloids such as morphine, thebaine, codeine, and papaverine, which are extensively utilized in modern medical practice for their analgesic, antitussive, and antispasmodic properties. Opium is milky latex of Papaver somniferum

The opium act 1857 authorise only the Central Gov to and Cultivate poppy plants and manufacture opium under its supervision. Later the Opium Act 1878 restricted the import, Export, transportation, possession, and sale of opium. Penalties according to NDPS act should be rigorous jail up to 10 to 20 years.

Ahiphena is not mentioned in Brihatrayee text. Opium is categorized as neurotoxic narcotic poison.^[2] An

improper dose of Ahiphena (opium) affects the central nervous System causing symptoms such as anxiety, depression, Coma, disorientation, hallucinations, nightmares and unconsciousness, although this plants has both medicinal and toxic psychotropic properties, it should be used only with proper knowledge and caution.

ACTIVE PRINCIPLE[3] -

Phenanthrene: Morphine 10%

Codeine 0.5%

Thebaine 03%

Isoquinolines: -papaverine 1%

Narcotine 6%.

DESCRIPTION OF AHIPHENA[4] -

Papaver somniferum Linn

Kula – Ahiphena kula

Family – Papaveraceae

Latin name- Papaver somniferum (Linn)

Vargas Ahiphena (opium) possesses significant therapeutic uses due to its potent action on the central nervous system. It is widely used in pain management as an effective analgesic, helping to relieve moderate to severe pain. Its Grahi property makes it

beneficial in conditions like diarrhea and dysentery by reducing bowel frequency and improving fluid absorption. It also acts as a Kasa-hara agent, providing relief in cough and respiratory disorders by suppressing the cough reflex. Additionally, due to its Nidrajanaka (sedative) effect, it is useful in managing insomnia and restlessness by promoting sound sleep. Its antispasmodic action further helps in relieving smooth muscle spasms, such as intestinal colic and abdominal pain. – upavisha

English Name-opium

Sanskrit Name- Ahiphen

BOTANICAL DESCRIPTION[5] –

Type- Annual Herb.

Roots- Taproot, slender, branched

Stem- Green, Cylindrical, contains milky latex

Leaves - Oblong shape, toothed margins, smooth surface

Flowers- 5-10 cm in diameter white, pink, red, purple

Fruit- Smooth, globular

Latex- Dried latex in Ahiphena -contains alkaloids.

THERAPEUTIC USES -

1) Pain management- Ahiphena, which is opium, is well known for its strong

pain-relieving qualities. It works on the brain and nervous system to make pain feel less intense. This makes it helpful for managing pain that is not too mild or very severe. In Ayurveda, it is used carefully for conditions like nerve pain, stomach pain, and problems with muscles and bones. It also helps calm the nervous system, which can ease discomfort from long-term pain.

2) Diarrhea and Dysentery- Act as Grahi- Ahiphena has Grahi properties, meaning it helps absorb and bind stools. This makes it useful for treating diarrhea and dysentery. It reduces how often someone has to go to the bathroom by slowing down movement in the intestines and helping the body absorb more liquid. This helps make stools firmer and brings back normal bowel movements.

3) Used in Cough and Respiratory Disorders- Ahiphena has Kasa-hara qualities, which means it helps stop coughing. It works by affecting the part of the brain that controls coughing. It also helps reduce irritation in the airways, which can be helpful for chronic coughing and bronchitis, when

used carefully.

4) Insomnia and Restlessness (used as Nidrajanaka)- Ahiphena has a calming effect on the brain, making it useful for people who have trouble sleeping or feel too restless. It acts as a Nidrajanaka, which means it helps you sleep better and reduces mental restlessness. This is especially helpful when sleep problems are linked to pain or stress.

5) Used as Antispasmodic- Ahiphena has antispasmodic qualities, which means it helps stop muscle spasms. It is good for conditions like stomach cramps, spasms in the abdomen, and certain breathing-related spasms. By relaxing the muscles, it helps reduce pain and improve how the body functions.

Ahiphena (opium) possesses significant therapeutic uses due to its potent action on the central nervous system. It is widely used in pain management as an effective analgesic, helping to relieve moderate to severe pain. Its Grahi property makes it beneficial in conditions like diarrhea and dysentery by reducing bowel frequency and improving fluid absorption. It also acts as a Kasa-hara agent, providing relief in

cough and respiratory disorders by suppressing the cough reflex. Additionally, due to its Nidrajanaka (sedative) effect, it is useful in managing insomnia and restlessness by promoting sound sleep. Its antispasmodic action further helps in relieving smooth muscle spasms, such as intestinal colic and abdominal pain.

Sr.no	Formulation Name	Main Indication	Reference
1	Ahiphenadi Vati	Atisara, Grahani	Bhaishajya Ratnavali
2	Nidrajanaka Yoga	Anidra	Ashtanga Hridya
3	Kasahara Yoga	Kasa	Bhaishajya Ratnavali
4	Grahi Yoga	Atisara	Charaka Samhita
5	Jwarahara Yoga	Jwara, Vedana	Bhaishajya Ratnavali
6	Vedanasthapana Yoga	Vedana	Sushruta Samhita

SIGN AND SYMPTOMS[6] -

Stage 1: Excitement- Euphoria
Restlessness.
Flushing of the face

Stage 2: Stupor- Drowsiness
Contracted pupils
Lethargy

Stage 3: Narcosis/Coma- Deep Coma
Irregular respiration
Hypotension
Cyanosis
Death

Fatal Dose:-Opium -2 gm

Morphine - 200 nng

Codeine - 0.5 mg

Pethidine 1.0gm

Fatal period -6 to 12 hrs

TREATMENT

Aspect.	Ayurvedic Treatment ^[7]	Modern Treatment ^[8]
Detoxification	Vamana, Virechana	Gastric lavage, Activated charcoal
Antidote	Agada, Vishaghna dravya.	Naloxone
Support	Medhya, Hridaya, Rasayana drugs	Airway, Oxygen, IV fluids
Follow-up	Pathya-Apathya regimen	Psychiatric counseling

Symptomatic treatment- Naloxone 1.2

mg IV every 5 minutes till patient

becomes conscious and pupils dilate

Antidote - Methadone in chronic

poisoning

DISCUSSION

Opium is a complex substance with both therapeutic and toxic effects. In Ayurveda, it is considered an Upavisha-

A drug that can be beneficial or harmful depending on its use. Opium and its derivatives, like morphine, are valuable for pain relief, especially in terminal illnesses, due to their strong analgesic

properties.

However, misuse leads to tolerance, dependence, addiction, and toxicity, affecting both physical and mental health. Therefore, healthcare professionals must use opium cautiously, balancing its benefits with potential risks and ensuring proper dosage and patient monitoring.

CONCLUSION:

Opium has valuable therapeutic benefits in pain management, especially in palliative care, but its misuse leads to toxicity and addiction. Proper dosage, patient assessment, and cautious medical use are essential to balance its benefits and risks.

Ahiphena, also known as opium, has important healing uses because it strongly affects the central nervous system. It is commonly used to treat pain, especially moderate to severe pain, as it works well as a pain reliever. Ahiphena has a property called Grahi, which helps in conditions like diarrhea and dysentery by reducing how often a person has to go to the bathroom and by helping the body absorb more fluids. It also acts as a Kasa-hara agent, which means it can help with coughing and breathing problems by reducing the urge to cough. Because of its

Nidrajanaka effect, it can help people who have trouble sleeping or feel restless by encouraging better and more peaceful sleep. Additionally, it has an antispasmodic effect, which can ease muscle spasms in the digestive system, such as stomach cramps and abdominal pain.

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